

UNIVERSITY OF JAFFNA - SRI LANKA

FACULTY OF MEDICINE

FINAL EXAMINATION FOR MEDICAL DEGREES (1ST) -NOVEMBER 2018

Psychiatry Paper II

Date: 30.11.2018

Time: 03 hours

ANSWER ALL SIX QUESTIONS**Answer each question in separate answer book.**

1.

A 35 year old man has become disturbed for the last few days, with agitation and restless behavior, with poor sleep not knowing the time or where he is, not being able to identify his relations; sometimes seeing images that others can't see.

- 1.1 What more would you ask in the history? (20 marks)
- 1.2 What are the pathognomonic signs and symptoms you would look for in your examination? (20 marks)
- 1.3 Briefly list some possible etiological conditions. (10 marks)
- 1.4 What are the main principles of management? (40 marks)
- 1.5 Discuss briefly the prognosis. (10marks)

2.

A 22 year old male medical student came to the General Practitioner asking for investigations to make sure he did not have HIV. He had just started his third year clinical appointment and he had developed a fear of having been infected with the HIV virus after having been allocated a patient with HIV in the medical ward. He had examined the patient and then started worrying that he may have been infected. He knew that there was no evidence for the virus being transmitted following physical examination. However, he started ruminating on the possibility of him being exposed to some body fluids during the physical examination. He could not get this doubt out of his mind and it was distressing to the extent that he could not concentrate on his studies. He repeatedly started checking the internet for any reports of people being infected after touching or examining a patient.

He has not had any risky sexual contacts or exposure to blood or blood products before.

- 2.1 List three psychiatric differential diagnoses which could account for this presentation. (30 marks)
- 2.2 List three further points in the history that would help clarify the diagnoses you have mentioned above. (30 marks)
- 2.3 State a drug that could be useful in the management of this student.(10 marks)
- 2.4 State a psychological therapy that may be helpful for this student and describe briefly how it will be delivered. (30 marks)

3.

A 24 year old three wheeler driver was brought to the hospital with a history of poor sleep, excessive talking, inappropriate sexual behavior and randomly donating things to known and unknown people for four weeks duration. He expressed that he was asked by many to contest in the next provincial council election. He claimed that upon winning the election, he would build a 'state of the art' hospital in his village and provide free medical facilities to all who need it. He became irritable and annoyed whenever his ideas were contradicted by someone. In the hospital he was found to be very happy and jovial. He moved freely with all the hospital staff as if he already knew them. The nurses found it extremely difficult to understand his conversation as he rapidly changed his topics all the time. When the doctor arrived at the scene, he greeted the doctor and told that he fell in love with her.

He had no history of substance use but his mother had treatment for a periodic mental condition. In answering to a leading question, he revealed that he had the same energy level an year ago, but he lost that energy within a period of three months.

- 3.1 State your provisional diagnosis with reasons. (20 marks)
- 3.2 What are the possible risks the patient has? (20 marks)
- 3.3 Briefly describe your management plan. (50 marks)
- 3.4 List the factors affect the long term prognosis of this patient. (10 marks)

4.

A 29-year-old multiparous mother who delivered her third child, a baby boy, two weeks ago, was referred to the psychiatry unit with a history of behavioural change characterized by not interested in taking care of her new born, not spending time with her other children, stopped talking to her family members, neglecting her personal care, avoiding food intake, and not having good sleep for the past 5 days. She was found to be tearful, deeply absorbed within herself and poorly communicative. On the other hand the newborn was found to be active and healthy.

- 4.1 State three psychiatric conditions which you consider as differential diagnoses. (15 marks)
- 4.2 From those three conditions mentioned in 4.1, how will you arrive at the most likely diagnosis? (15 marks)
- 4.3 Outline your risk assessment plan for this mother. (20 marks)
- 4.4 Briefly describe the psychological, familial and social management of this mother. (30 marks)
- 4.5 If the mother is prescribed with psychotropic medications, what would be your advice on breast feeding? (20 marks)

5.

A 6 year old boy is brought by her mother with difficulties in concentration. He has often in conflict with teachers for shouting out answers and jumping on tables. His classmates dislike him over his inability to wait for his turn during plays and his intrusions during their conversations. At the clinic, he is running around the room and showing transient interest in various toys and exploring bags of staff members. He is unable to concentrate on any task for longer than a minute. Physical examination reveals multiple scars in extremities.

- 5.1 What is the most likely diagnosis? (10 marks)
- 5.2 List four clinical features in the presentation to support your diagnosis. (20 marks)
- 5.3 List two possible causes for the scars in the child's extremities. (20 marks)
- 5.4 Name one psychometric scale useful in the assessment of this child. (10 marks)
- 5.5 Briefly describe the management of this child. (40 marks)

6.

A 42 year old teacher from a popular school presents to the mental health unit seeking help. She is married and has two children, aged 8 years and 5 years. She complains that she has been constantly harassed by her husband who firmly believes that she is having an extra marital affair at school. According to her history, her husband always check her telephone to see her call details, often inspect her handbag for any evidence of her secret affair, and endlessly ask her to tell him the truth. At times, he beats her, but later demands to have sex with him. There were occasions where he made surprise visits to her school to make sure she was there. Recently, he has installed a video surveillance system at home and connect it with his mobile phone.

Even after these incidents, she thinks her husband is a nice person as he was in their initial romantic period. He is holding a higher position in his work place and in the society. But she couldn't understand why he became like this.

- 6.1 What is the most likely condition her husband is suffering from? (10 marks)
- 6.2 List five psychiatric disorders which commonly present this condition as part of their clinical manifestation? (20 marks)
- 6.3 If the teacher brings her husband to the clinic how would you manage him? (50 marks)
- 6.4 Briefly describe how best the teacher can help her husband to recover from this condition. (20 marks)